



# Wellbriety for Prisons

Presented by Blaine Wood

June 17, 2010

Tribal Justice Safety Wellness Tribal  
Consultation  
Rapid City, SD





# NATIVE AMERICAN PROGRAMS

Culturally based tools for changing  
Native Communities, and  
incarcerated individuals, for the re-  
entry back to families, communities  
and nations

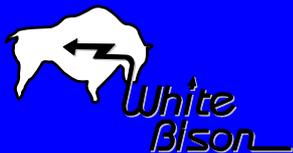


# Native American Incarceration

3.1 % of Americans are incarcerated and or on  
Probation or Parole

While in Indian country 17.5 % of our  
relatives are in this system.

We must change this statistic from with in..



# WELLBRIETY MOVEMENT FOR PRISONS



Medicine Wheel  
and 12 steps

Fathers of Tradition  
Role model Coaches

Recovering Coaches

Warrior Down  
Re-entry Coaches



# Circles of Recovery: Support for Reducing Recidivism



MW12 Steps in  
the prisons



MW12 Steps in  
halfway houses and  
pre-release centers



MW12 Steps in home  
communities

Wellbriety for Prisons inc.

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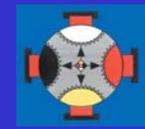
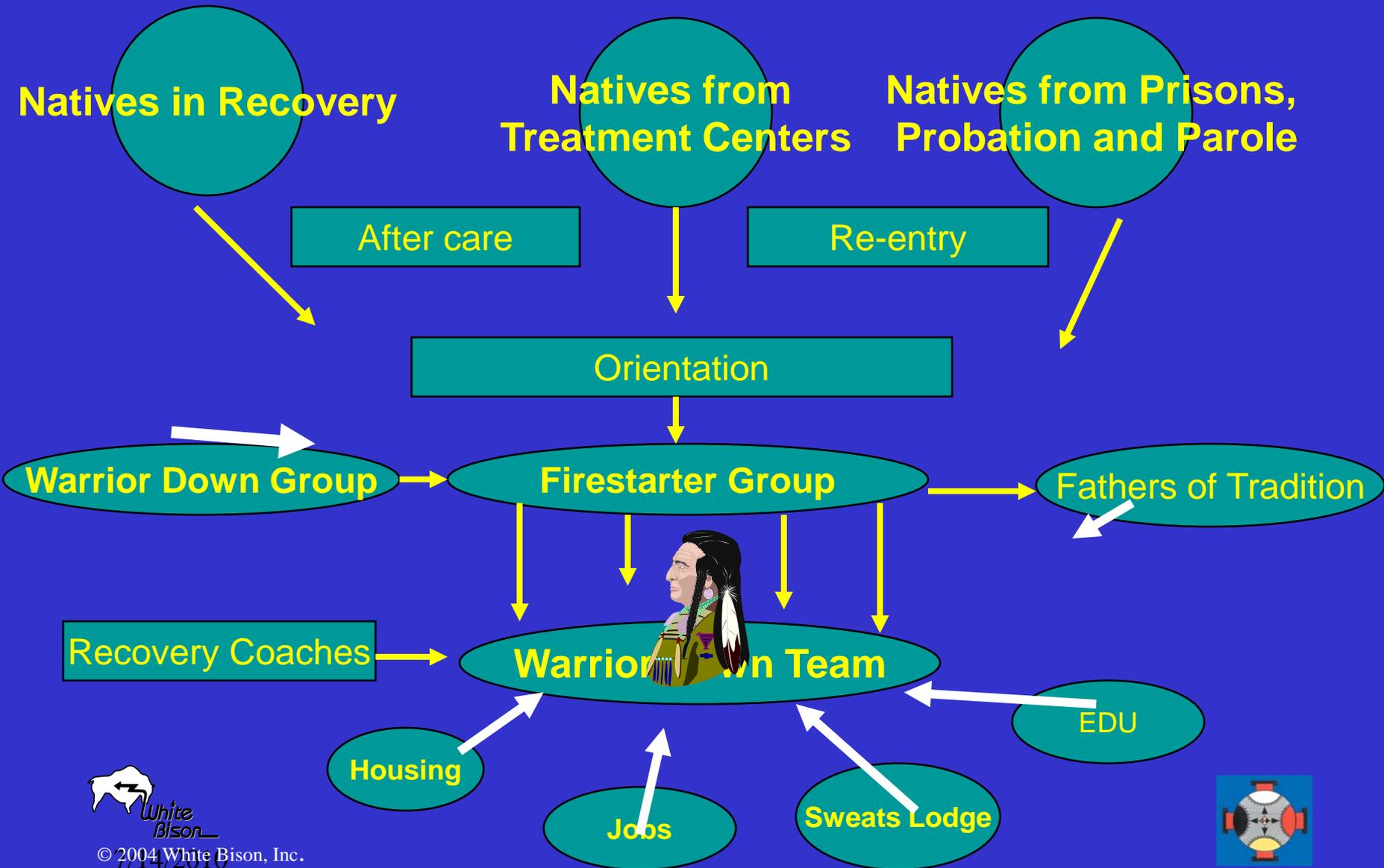




# Warrior Down



# Warrior Down

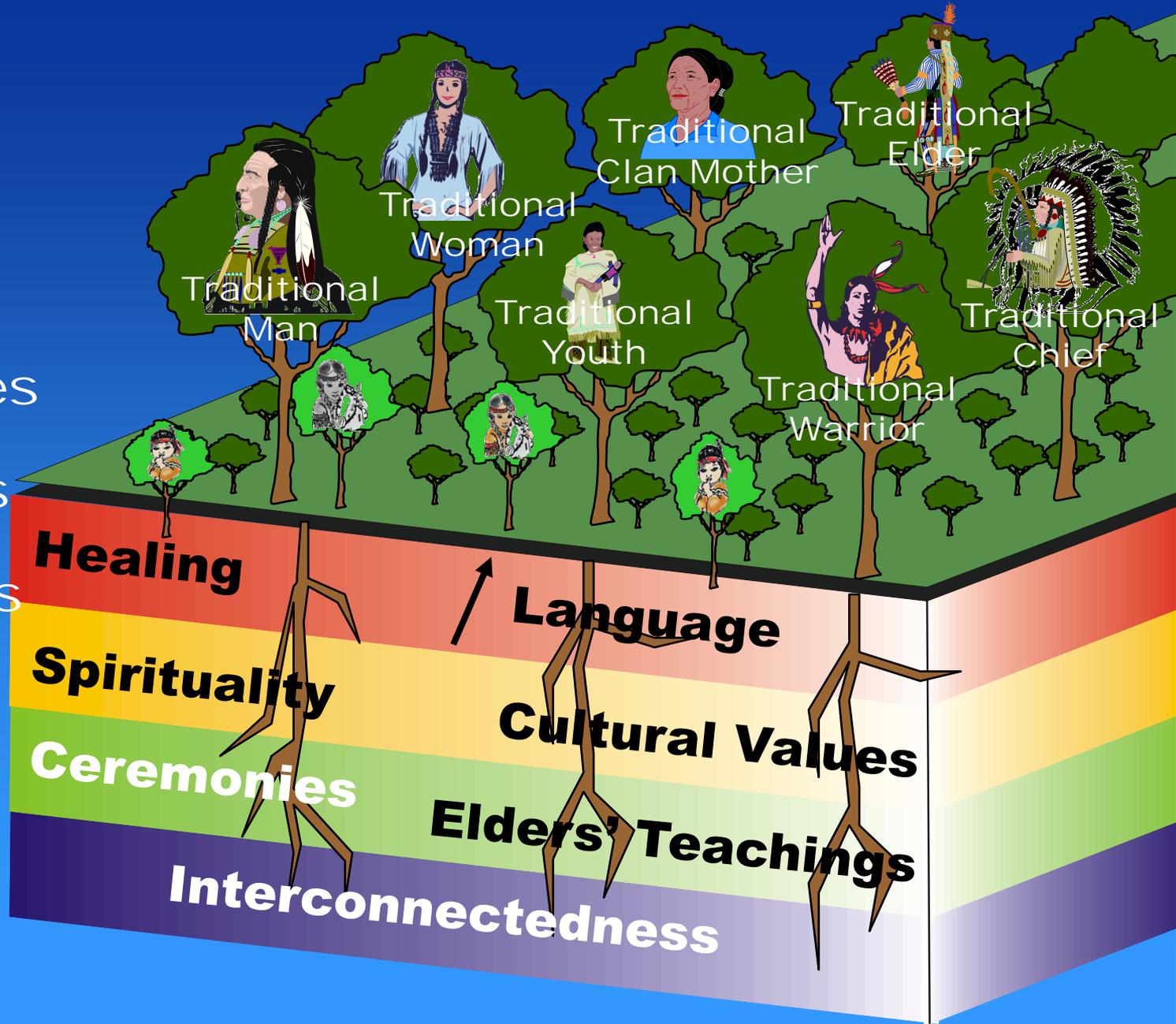


Vision

Principles

Laws

Values



Traditional Man

Traditional Woman

Traditional Youth

Traditional Clan Mother

Traditional Elder

Traditional Chief

Traditional Warrior

Healing

Spirituality

Ceremonies

Language

Cultural Values

Elders' Teachings

Interconnectedness



Then.....

Something

Happened

To us.....

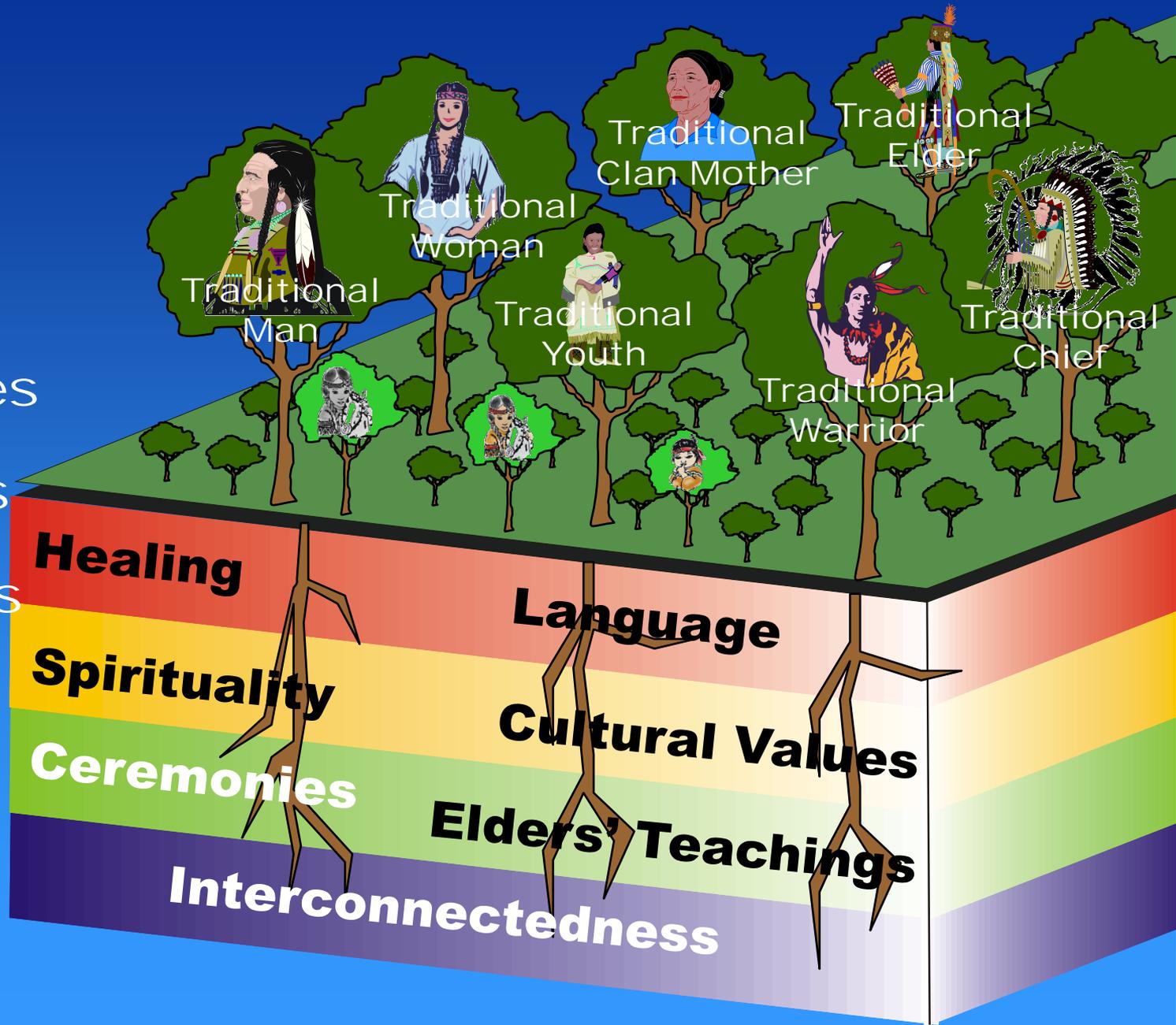


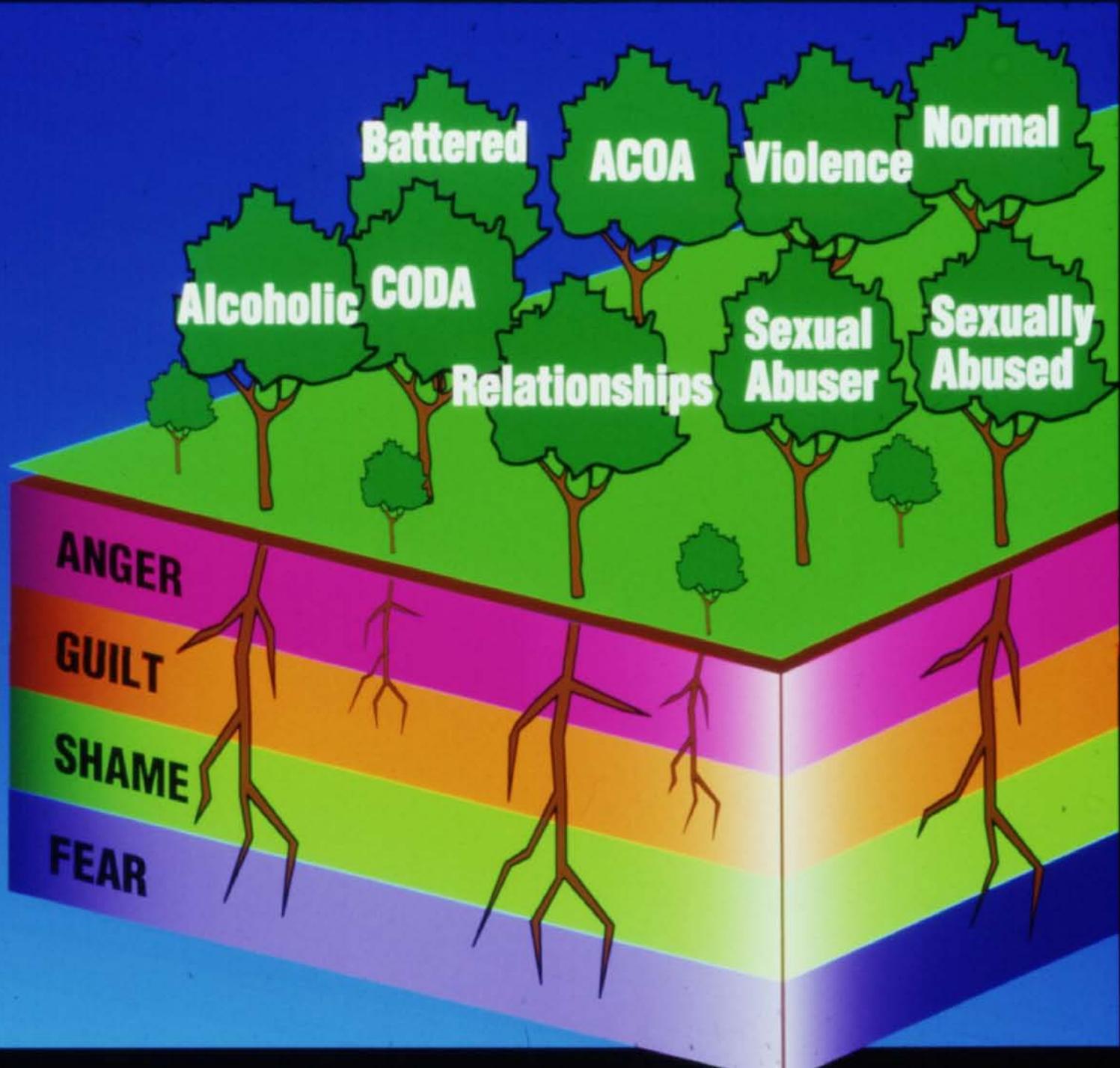
Vision

Principles

Laws

Values





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# What is historical trauma?

A combination of immense losses and traumatic events that are perpetrated upon an entire culture. For Native Americans, these losses include:

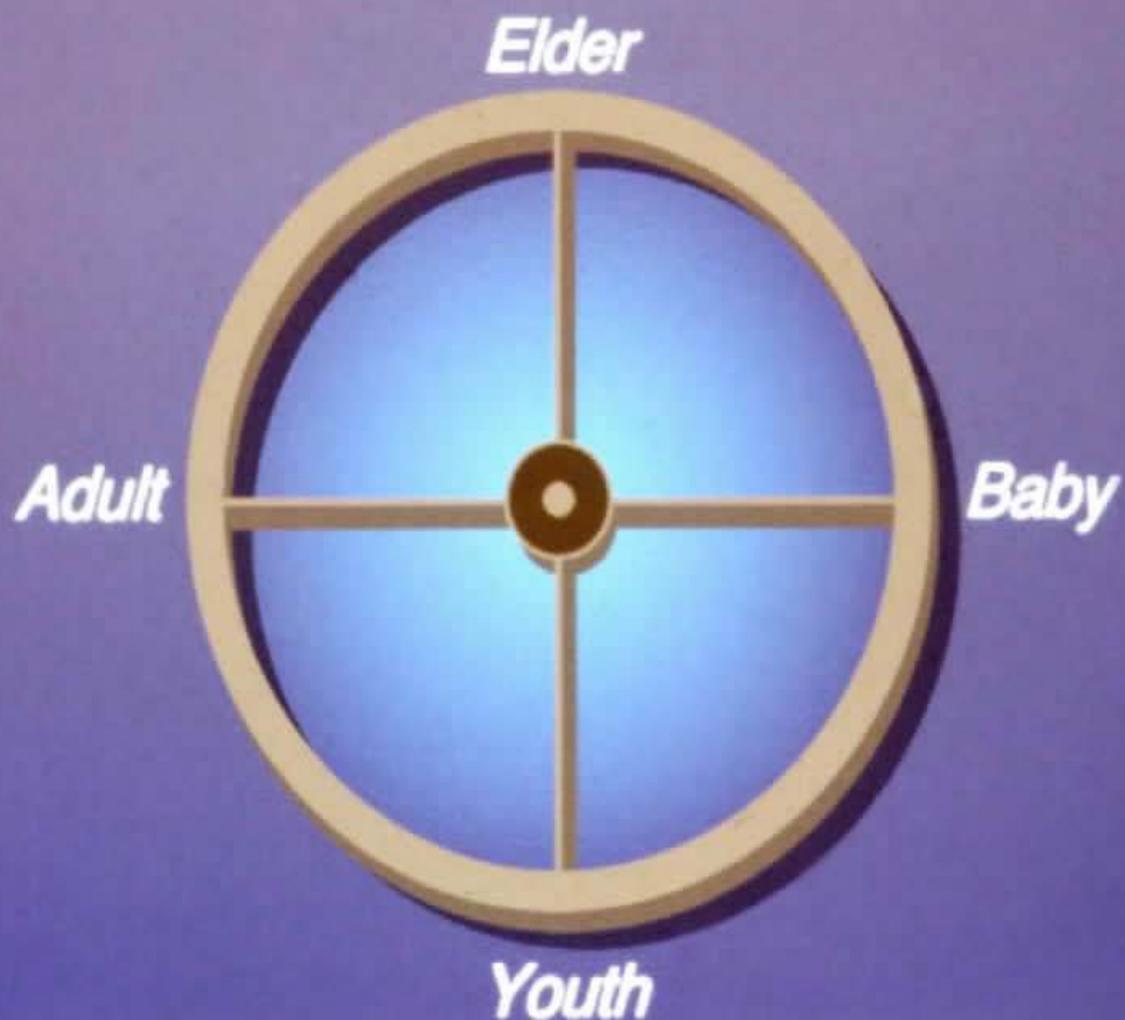
- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Religion
- Family structure (forced into boarding schools)

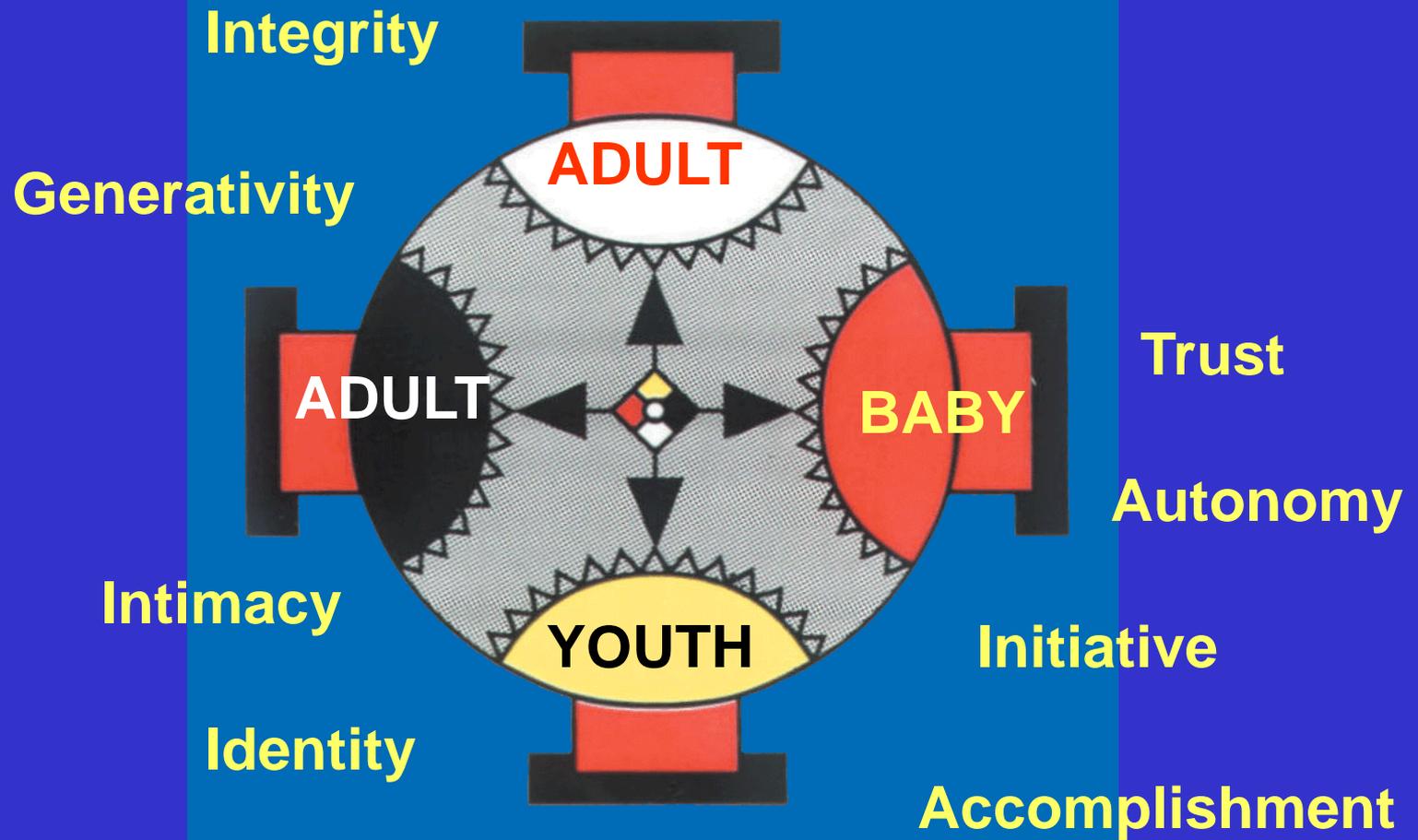
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Often 2-3 generations pass before the most challenging symptoms of trauma show up in individuals, families and communities.

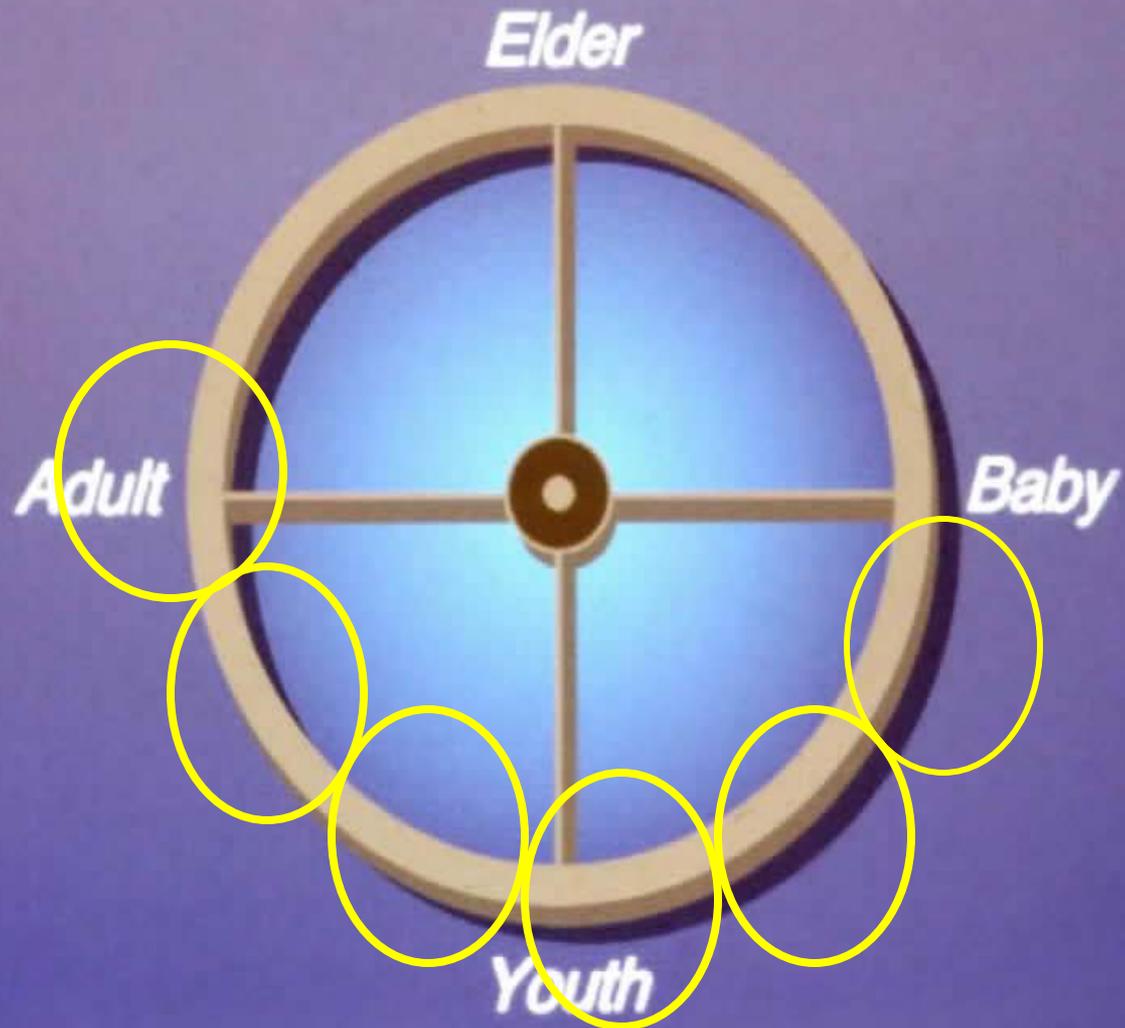
Cultures go through a grief process similar to an individual, except through the generations.

# *THE MEDICINE WHEEL*

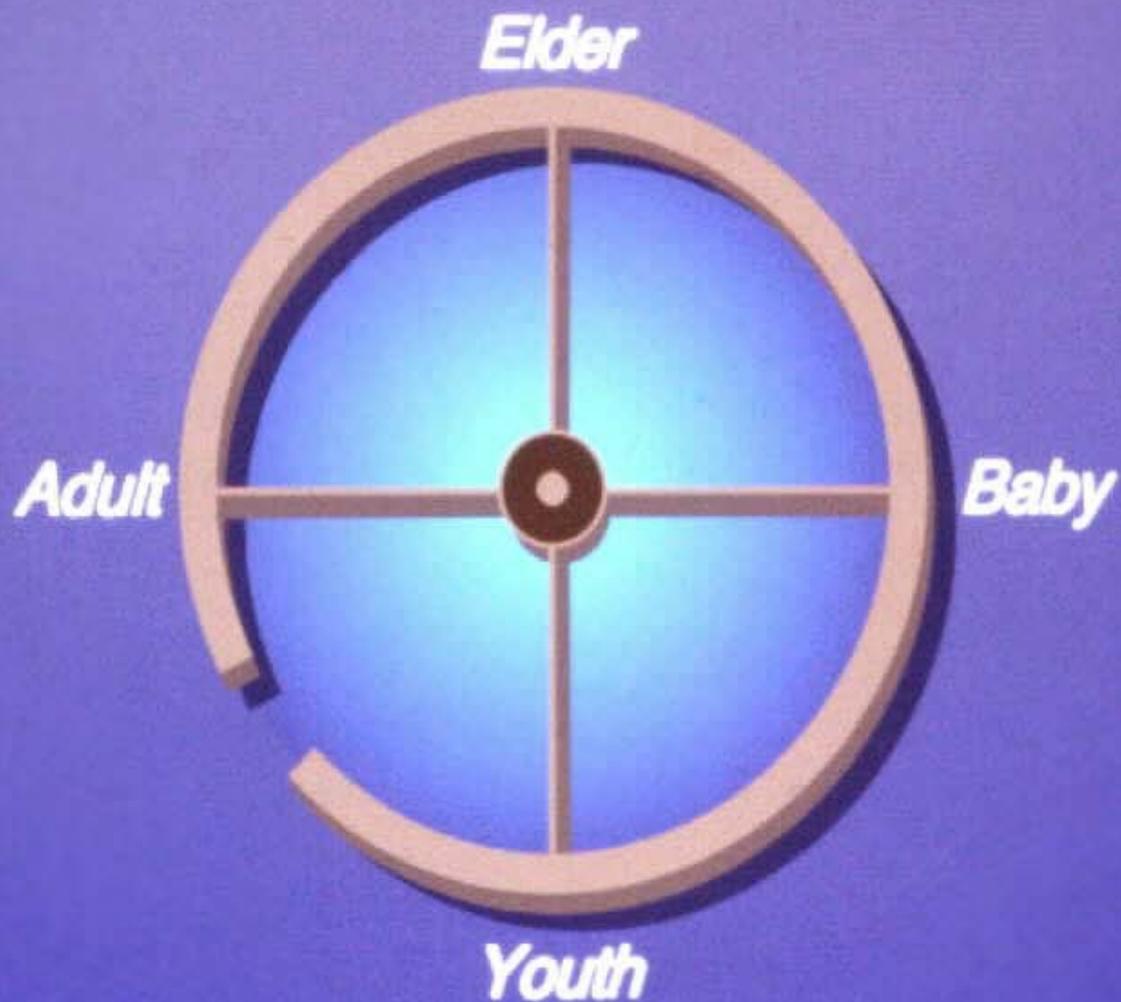




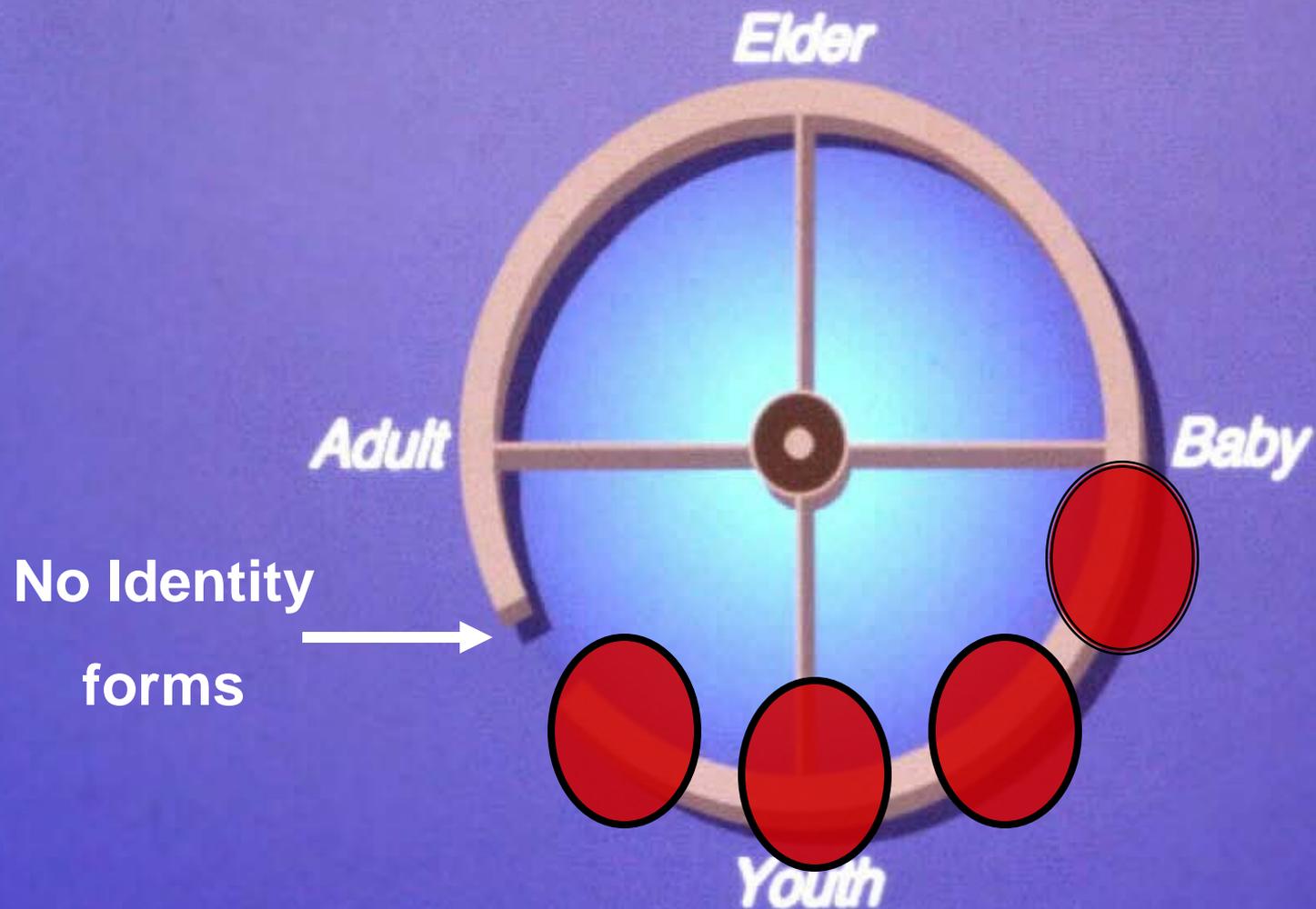
# THE MEDICINE WHEEL



*THE MEDICINE WHEEL  
IS BROKEN...*



# *THE MEDICINE WHEEL IS BROKEN...*

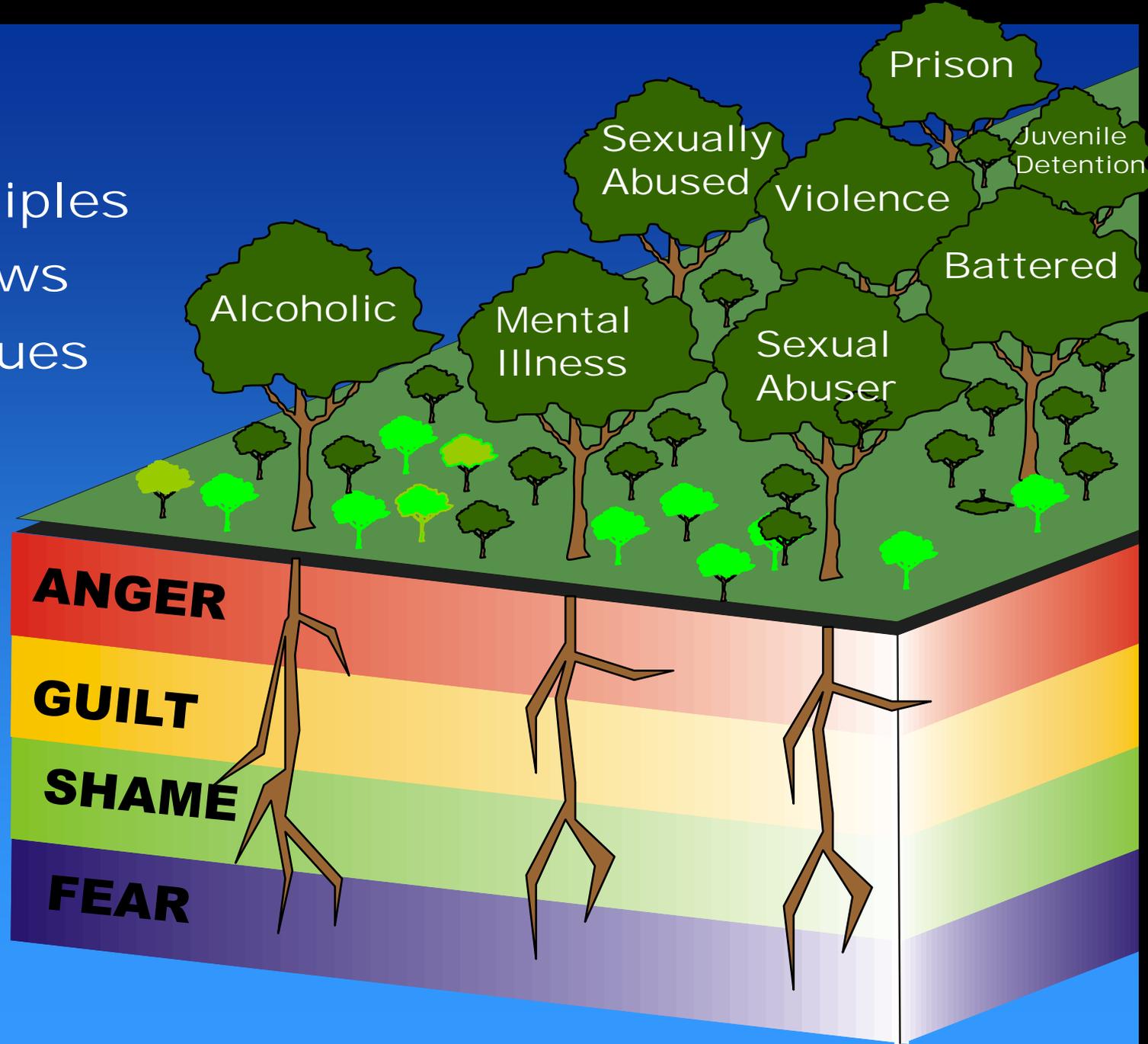


Vision

Principles

Laws

Values



Prison

Sexually Abused

Violence

Juvenile Detention

Battered

Alcoholic

Mental Illness

Sexual Abuser

**ANGER**

**GUILT**

**SHAME**

**FEAR**

# What is intergenerational healing?

A combination of immense healing, community training and a return to the ceremonies, spirituality, and the cultural ways of our people by bringing back:

- Culture
- Language
- Land
- People's health emotionally, mentally, physically, spiritually
- Way of life
- Religion
- Family structure by rebuilding it



So now what...it's 2010

When you change the way you look at things..

The things you look at change



# The Four Laws of Change

- ⊕ **Change is from within.**
- ⊕ **In order for development to occur it must be preceded by a vision.**
- ⊕ **A great learning must occur.**
- ⊕ **You must create a healing forest.**

# 1. The Change is From Within

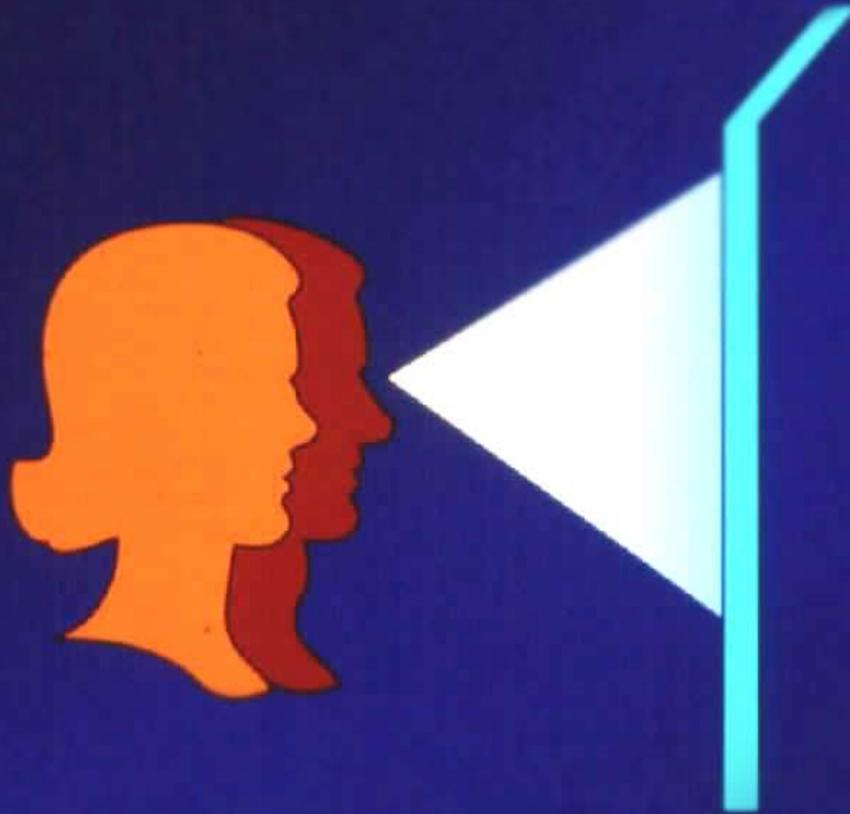


First you set the goal... and then you see.

You do not see first.

*White Bison, Inc.*

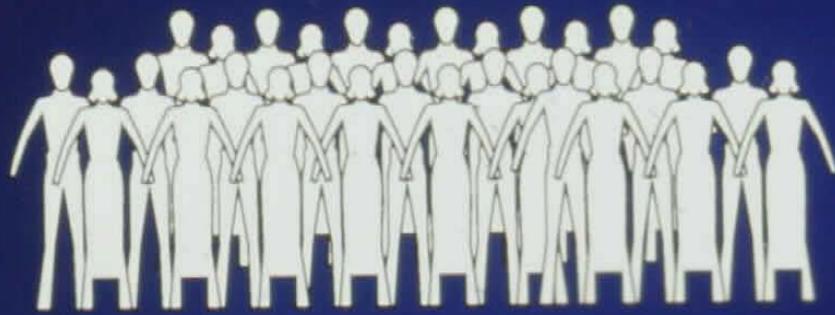
## 2. No Vision - No Development



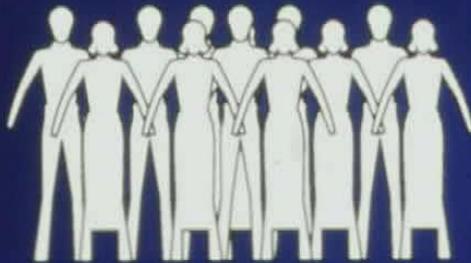
You move toward and become  
like that which you think about.

*White Bison, Inc.*

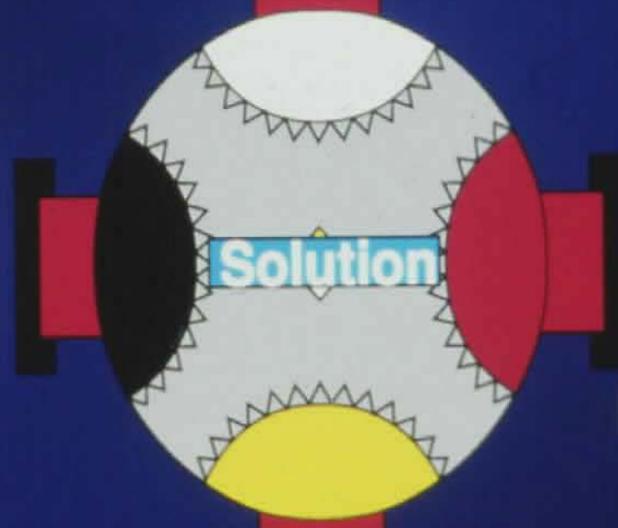
# 3. A Great Learning Must Occur



**Nation**



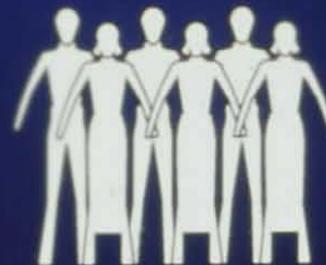
**State**



**City**



**Individual**



**White Bison, Inc.**

# 4. You Must Create A Healing Forest

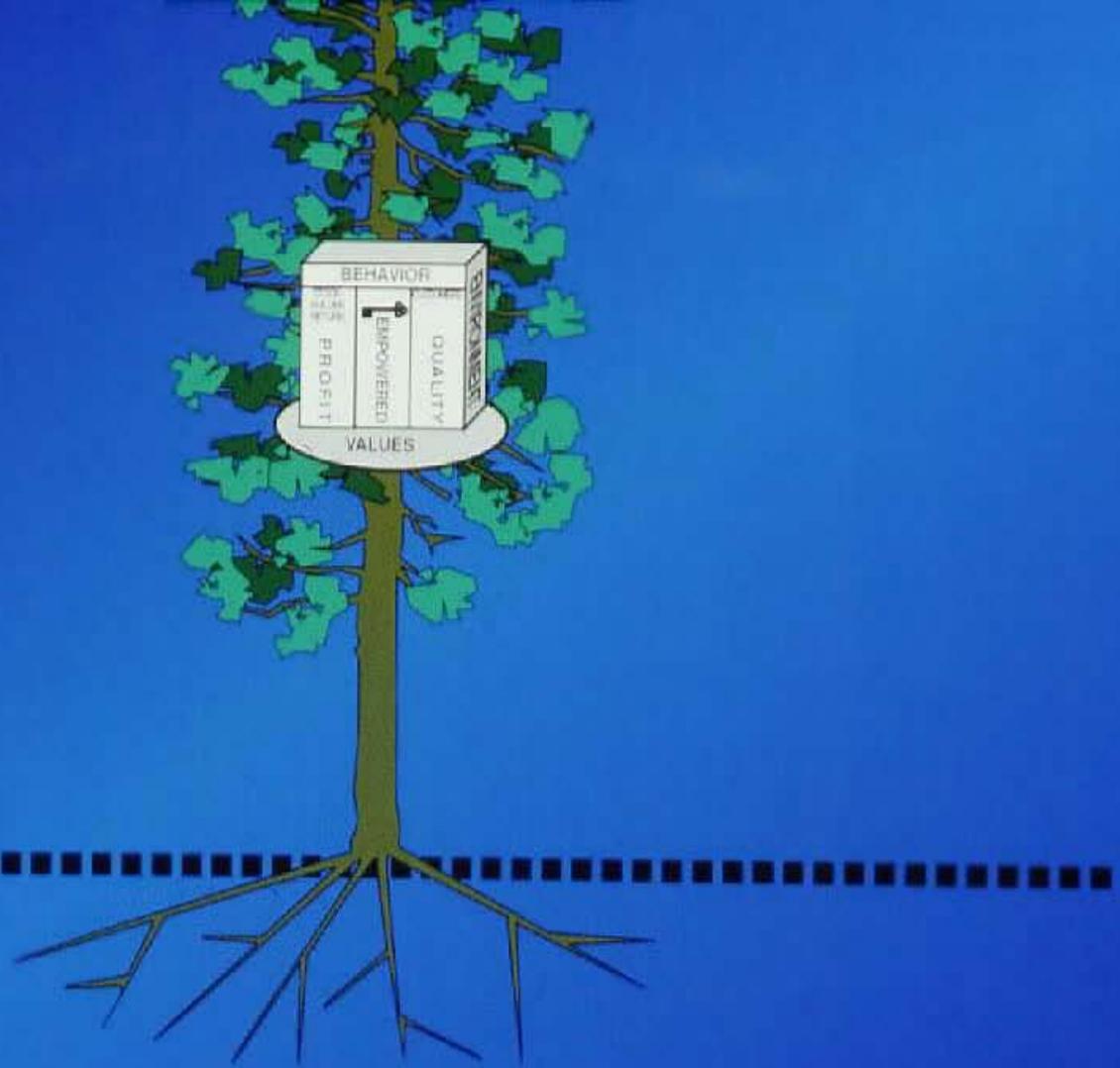


White Bison, Inc.

# The Healing Forest Model

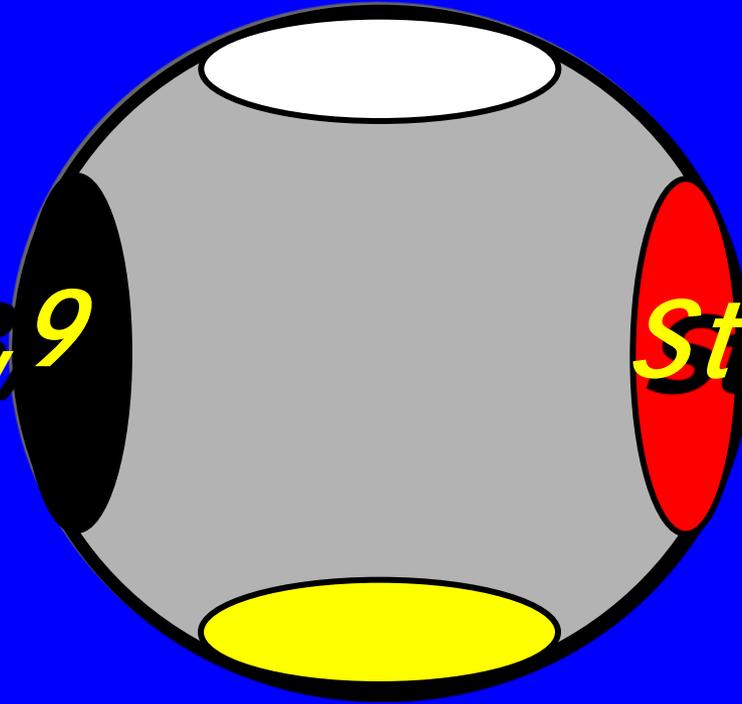
Seen World

Unseen World



*White Bison, Inc.*

**Steps 10, 11, 12**

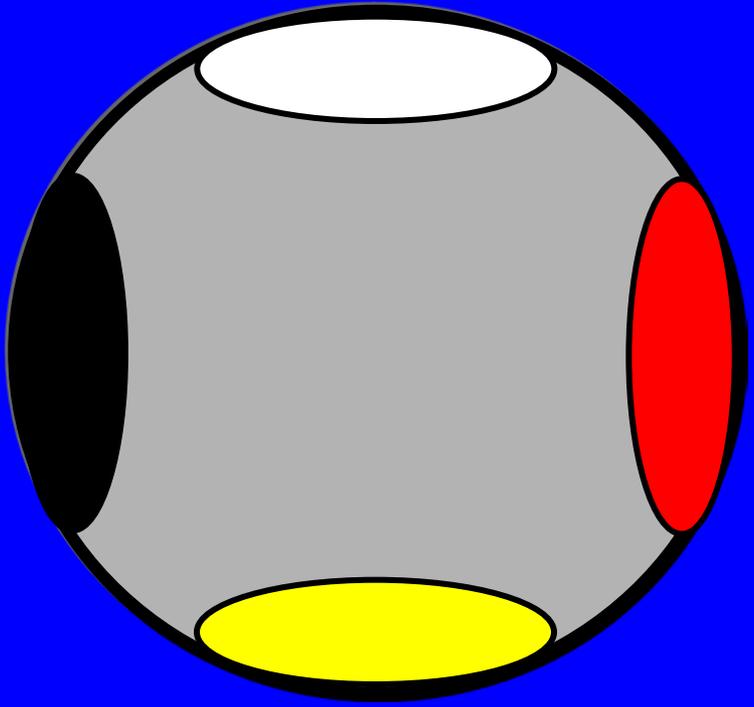


**Steps 7, 8, 9**

**Steps 1, 2, 3**

**Steps 4, 5, 6**

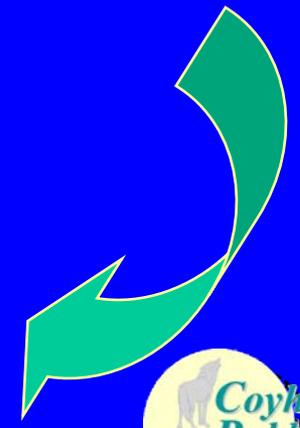
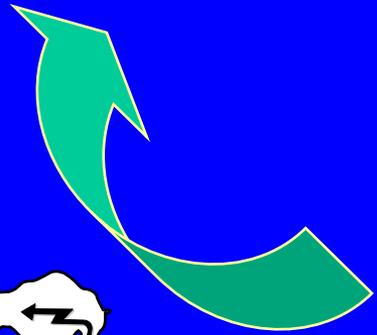
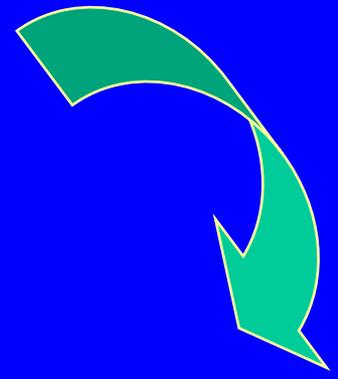
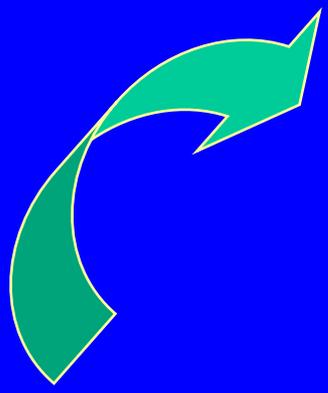
***Finding the  
Elders Wisdom***

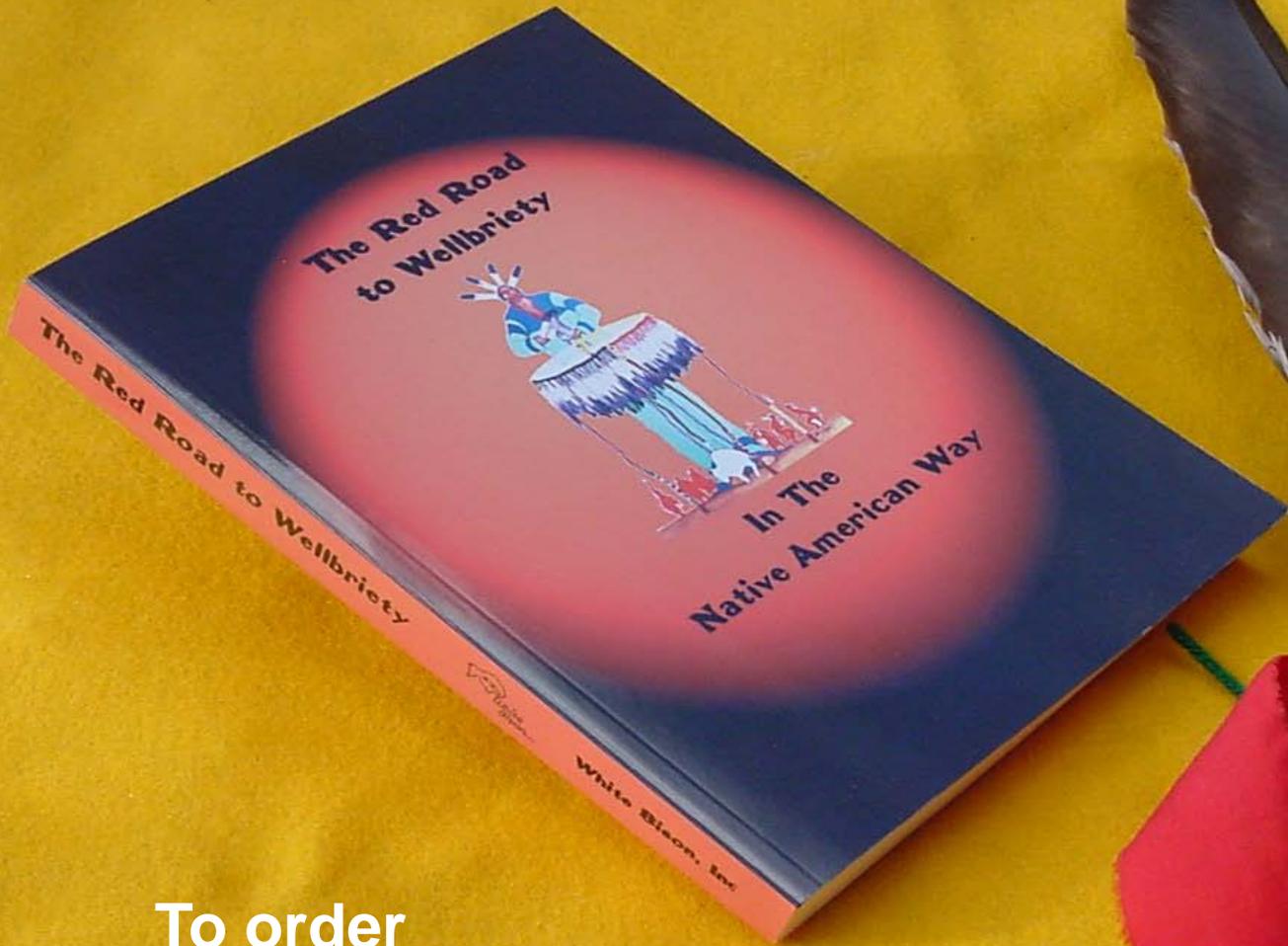


***Finding  
Your  
Relation  
-ships***

***Finding  
the  
Creator***

***Finding  
Yourself***



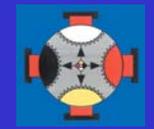
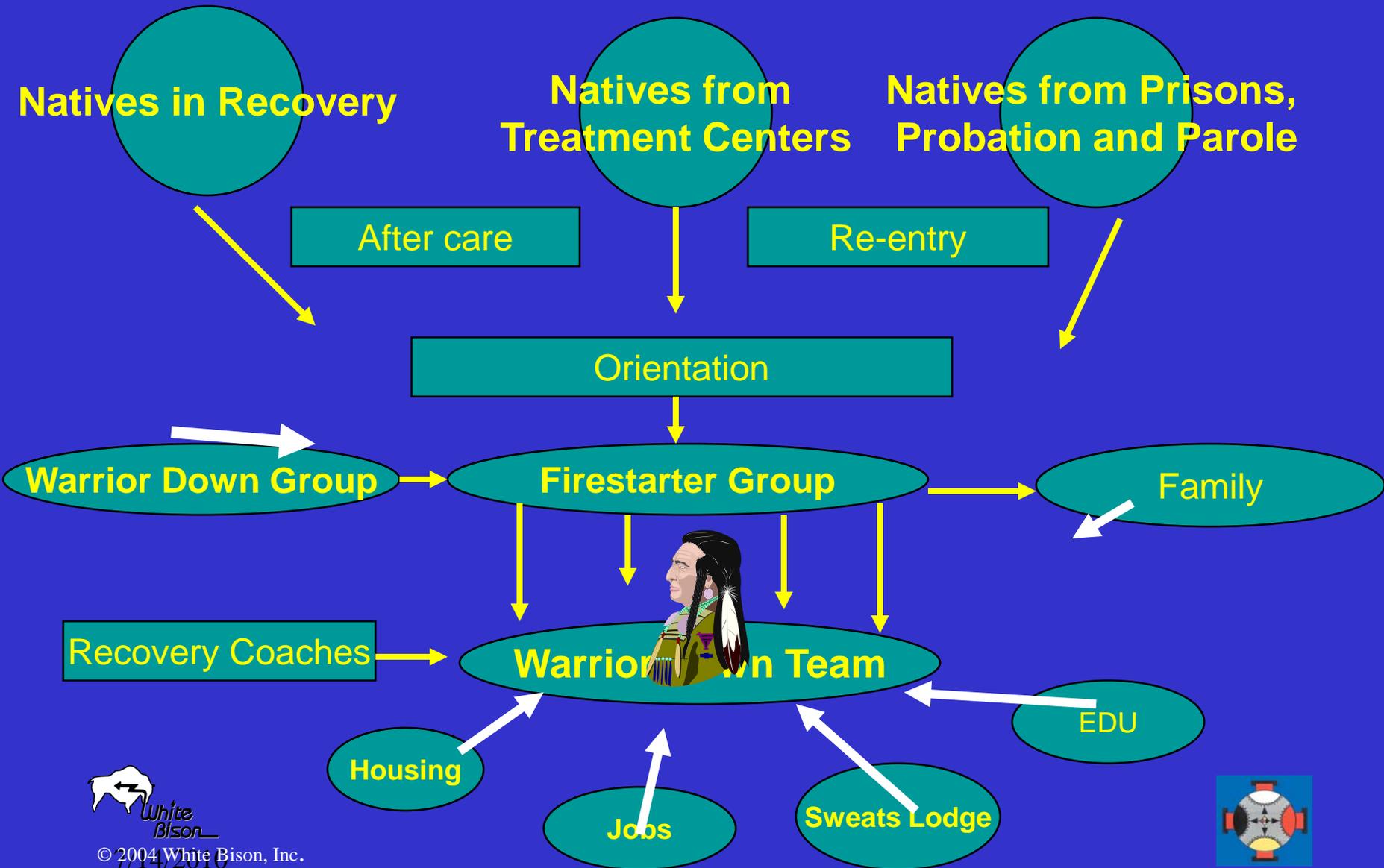


To order

[www.whitebison.org](http://www.whitebison.org)



# Warrior Down



# Wellbriety for Prisons Movement

## Warrior Down Sites

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- Great Falls Montana.
- Sacramento California.
- White Earth Minnesota.
- Bishop California.
- Fresno California
- LA California
- Santa Rosa California
- Boise Idaho
- Minneapolis Minnesota



# Warrior Down Outcomes

## Great Falls Montana

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- **Measurable Success**
- **22%** of Participants have Relapsed since the inception of the Warrior Down Re-entry
- Support and Relapse Prevention Project
- **86%** of Participants have remained sober (Wellbriety) while participating in the Project.
- **12%** of Participants have returned back to Prison, Jail or Treatment
- **14%** of Participants have continued with the Project after completing the 1 year
- commitment
- **35%** of Participants have remained sober and clean after leaving the Project
- **2%** of former Participants have returned to the Project seeking



# Warrior Down Outcomes

## Sacramento California

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- *Measurable Success*
- • **95%** of Participants have reported an increase in their ability to stay clean and sober since entering the program
- • **100%** of Participants have stated that they are more connected spiritually and culturally since entering the program
- • **92%** of Participants state they have experienced greater opportunities for employment since entering the program
- • **99%** of Participants have stated that their ability to stay on the right path and make better decisions have increased since entering the program
- • **99%** of Participants state that they would refer a loved one in their situation to the Warrior Down group



CO-Dependency

Spouses

Family Recovery

Recovery In Prisons

Recovering Coaches

Medicine Wheel 12 In Prison

Women returning

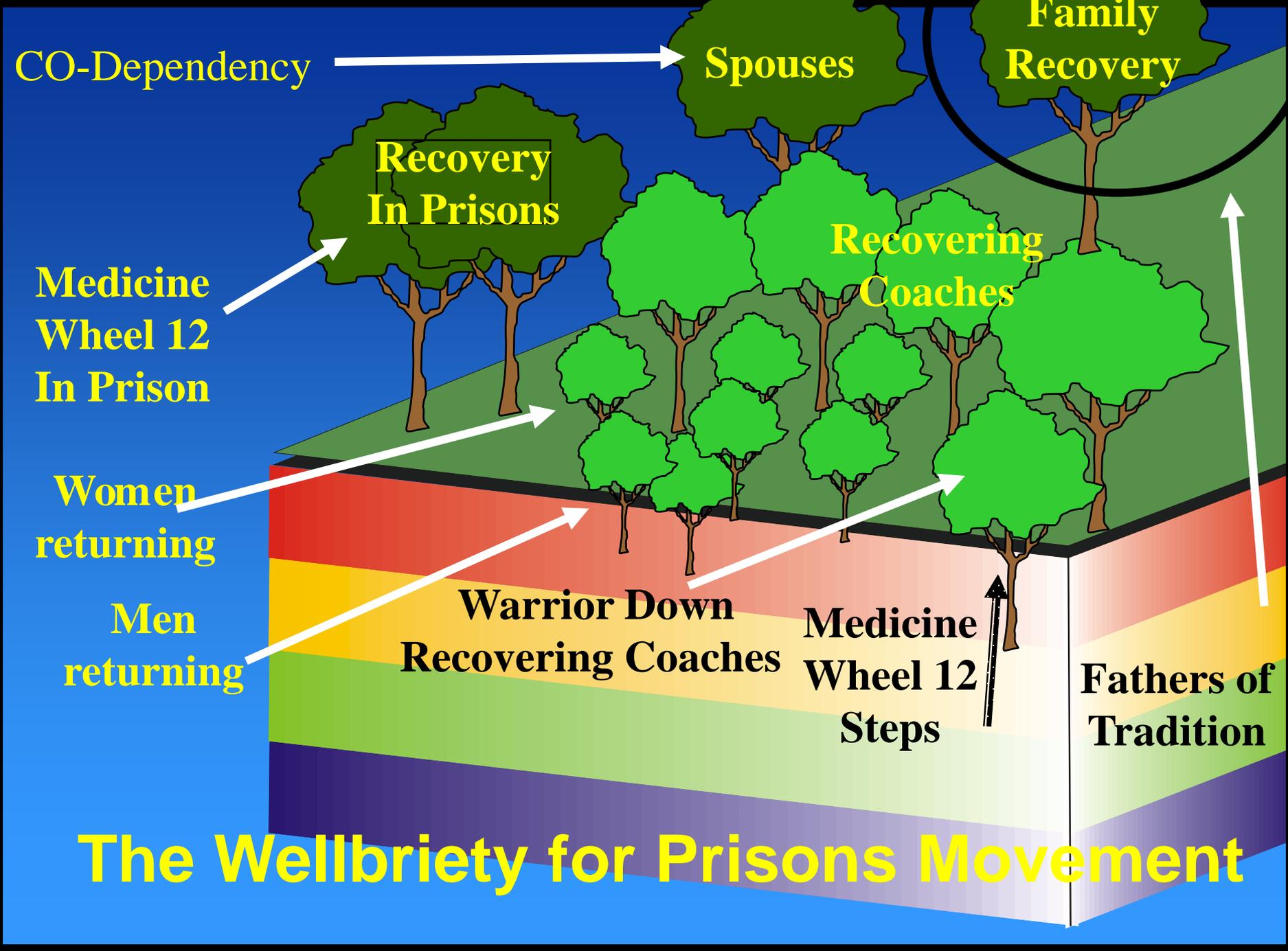
Men returning

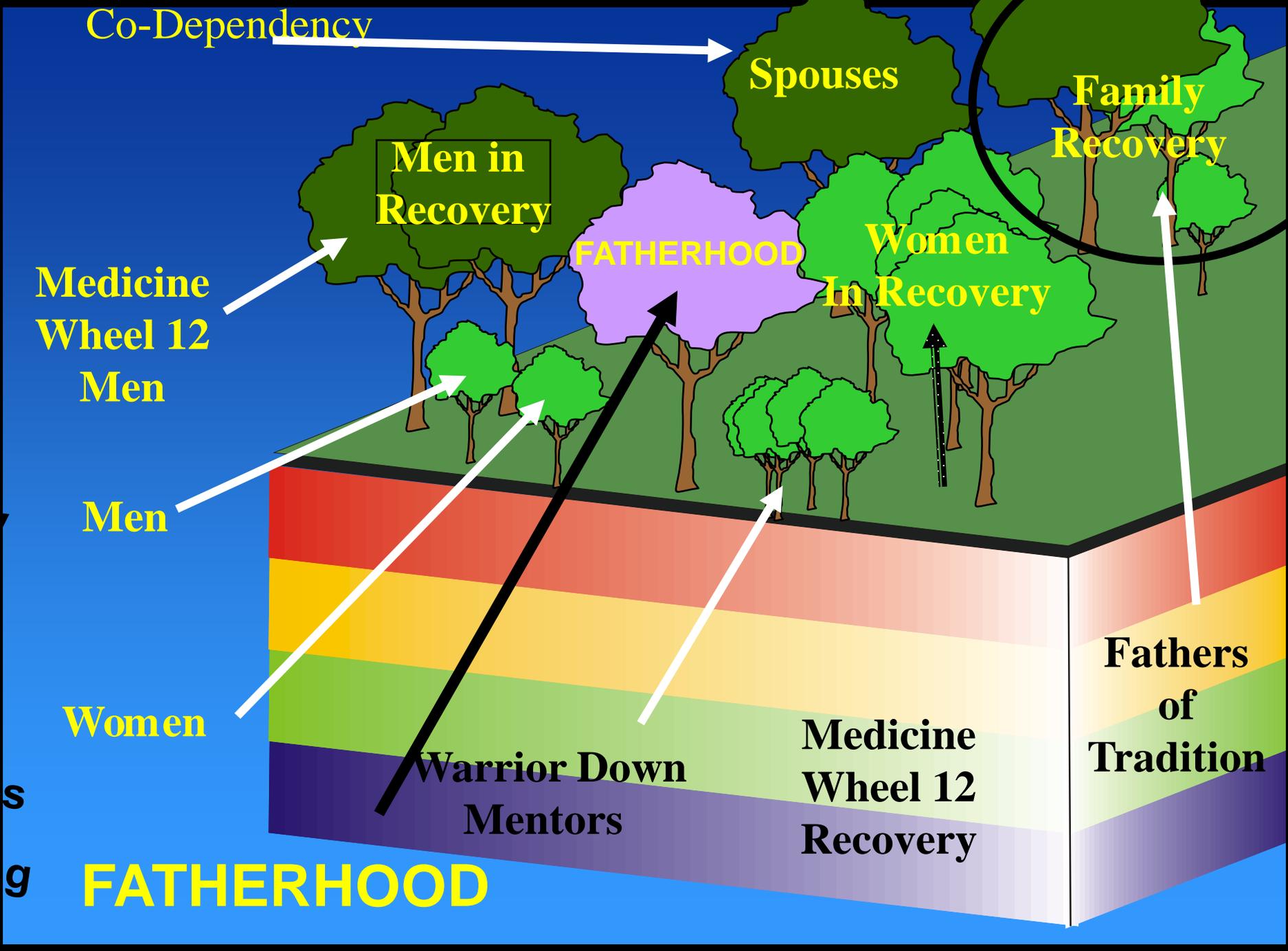
Warrior Down Recovering Coaches

Medicine Wheel 12 Steps

Fathers of Tradition

The Wellbriety for Prisons Movement





Co-Dependency

Spouses

Men in Recovery

FATHERHOOD

Women In Recovery

Family Recovery

Medicine Wheel 12 Men

Men

Women

Warrior Down Mentors

Medicine Wheel 12 Recovery

Fathers of Tradition

FATHERHOOD

sg

CODA

Spouses

Family Recovery

Men in Recovery

FATHERHOOD

Women In Recovery

MW 12 Steps Male Youth

Medicine Wheel 12 Men

DOT

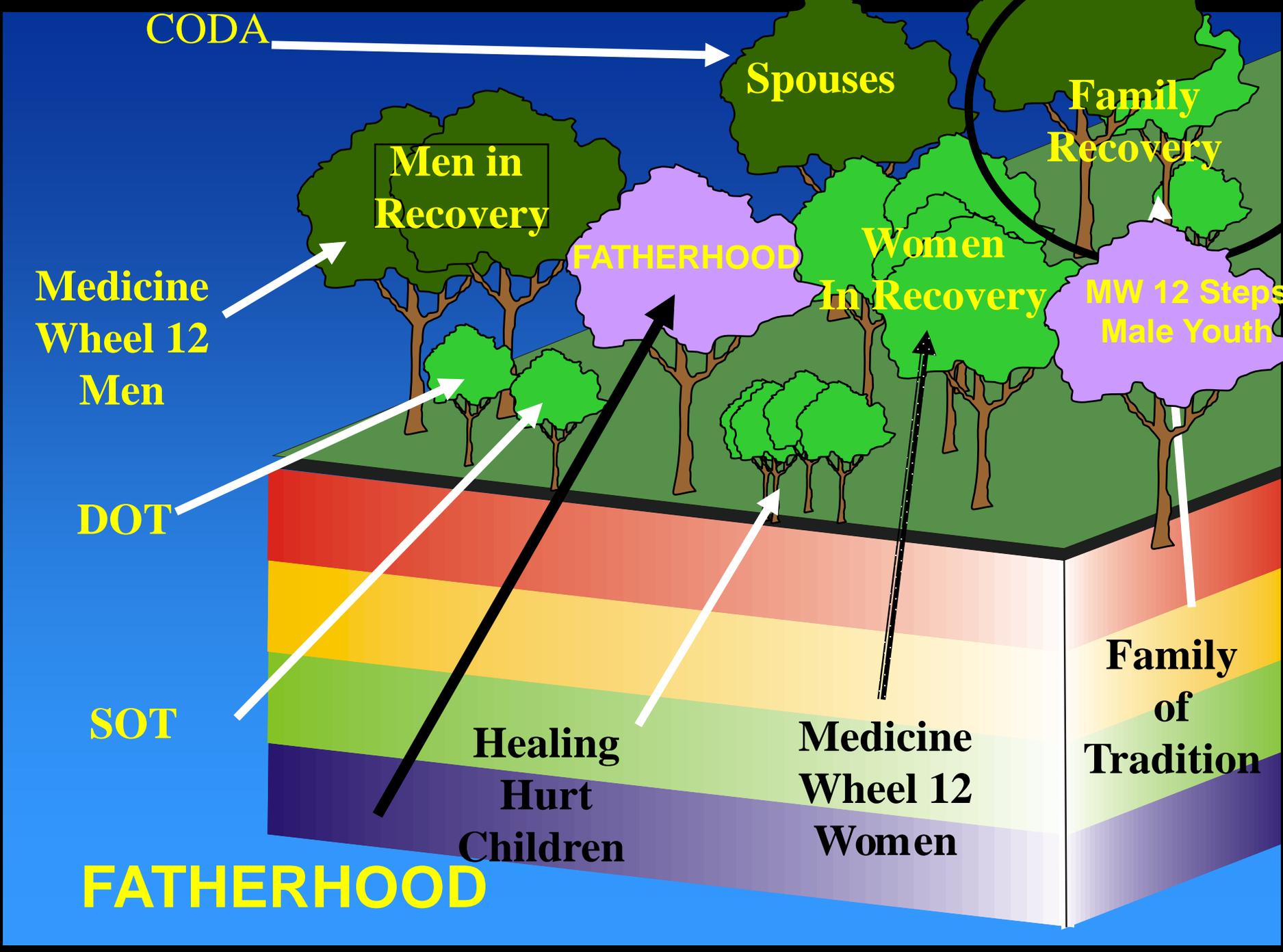
SOT

Family of Tradition

Healing Hurt Children

Medicine Wheel 12 Women

FATHERHOOD



# Children from Fatherless Homes...

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- 5 times more likely to commit suicide.
- 32 times more likely to run away.
- 20 times more likely to have behavioral disorders.
- 14 times more likely to commit rape



# Youths from Fatherless Homes represent...

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- 71% of all high school drop outs
- 75% of all adolescent patients in chemical abuse centers
- 70% of juveniles in state-operated institutions
- 85% of all youths sitting in prisons

# Youths from Fatherless Homes Represent...

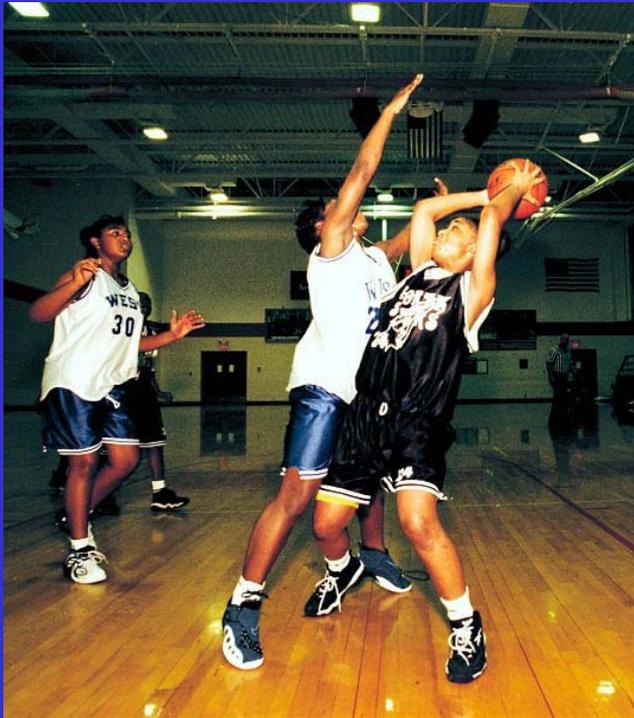
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- **63% of youth suicides**
- **90% of all homeless and runaway children**
- **85% of all children who exhibit behavioral disorders**
- **80% of all rapists motivated with displaced anger**



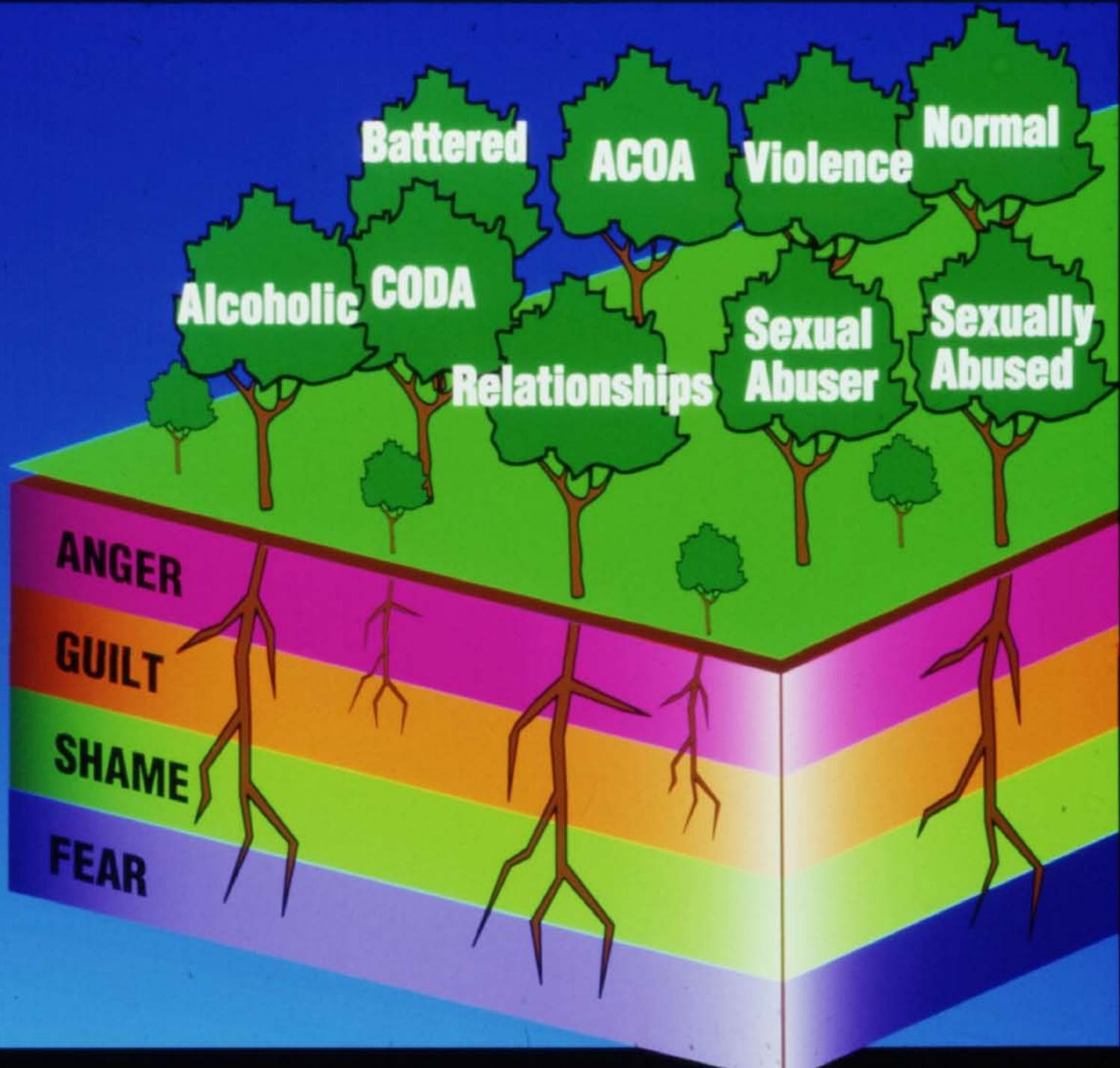
# Children from Fatherless Homes...

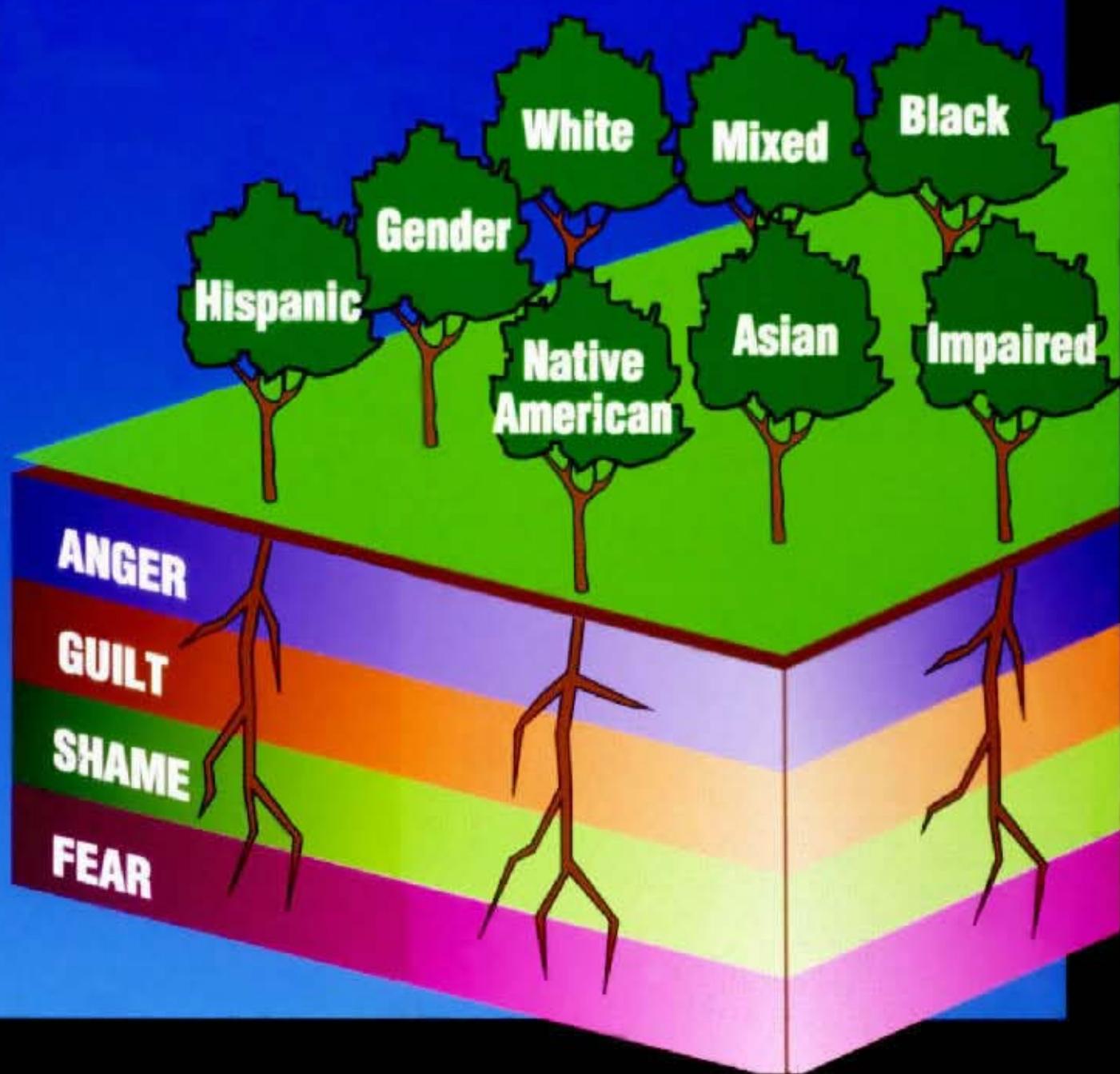
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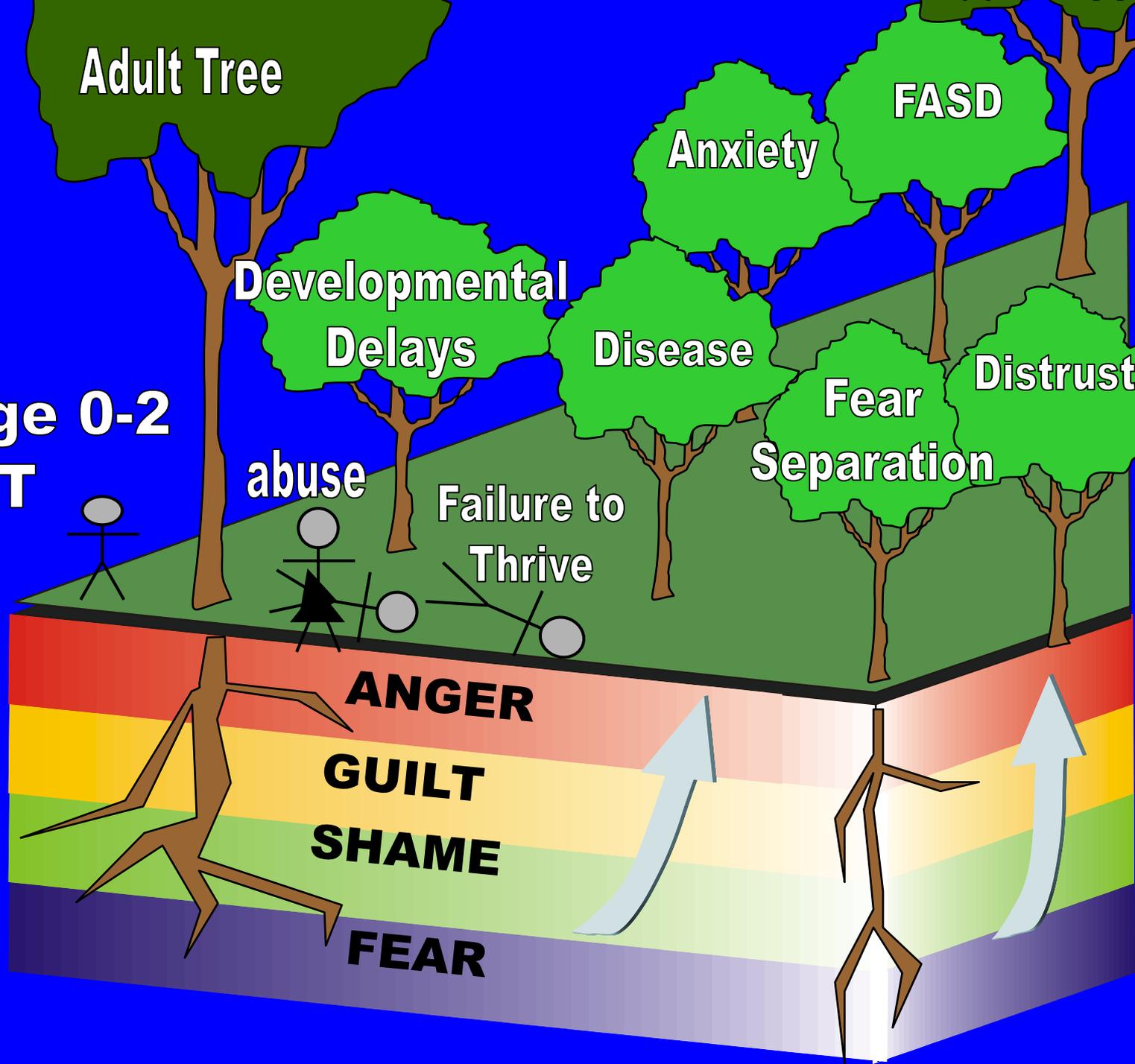
- 9 times more likely to drop out of high school.
- 10 times more likely to abuse chemical substances.
- 9 times more likely to end up in a state-operated institution.
- 20 times more likely to end up in prison

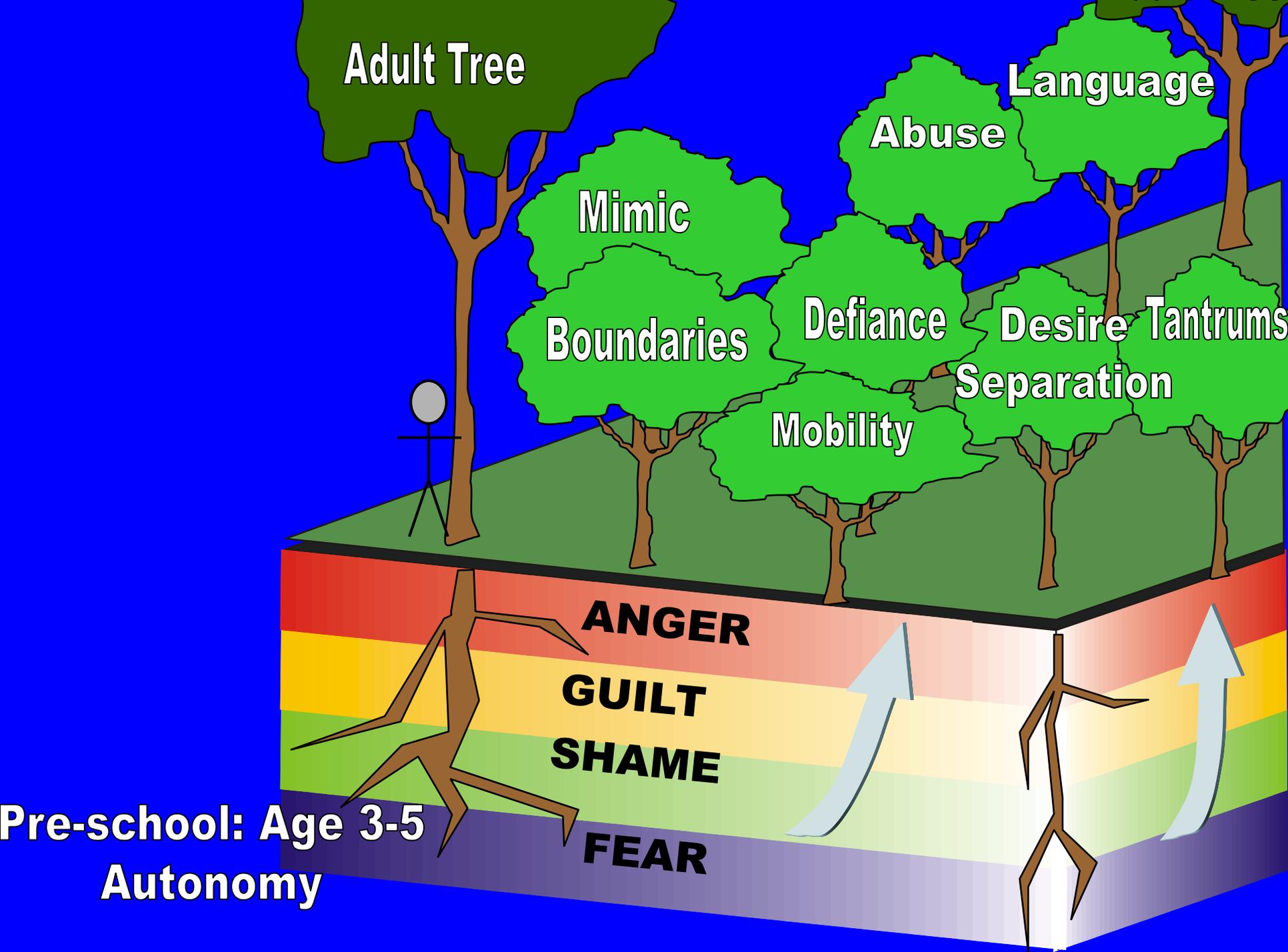


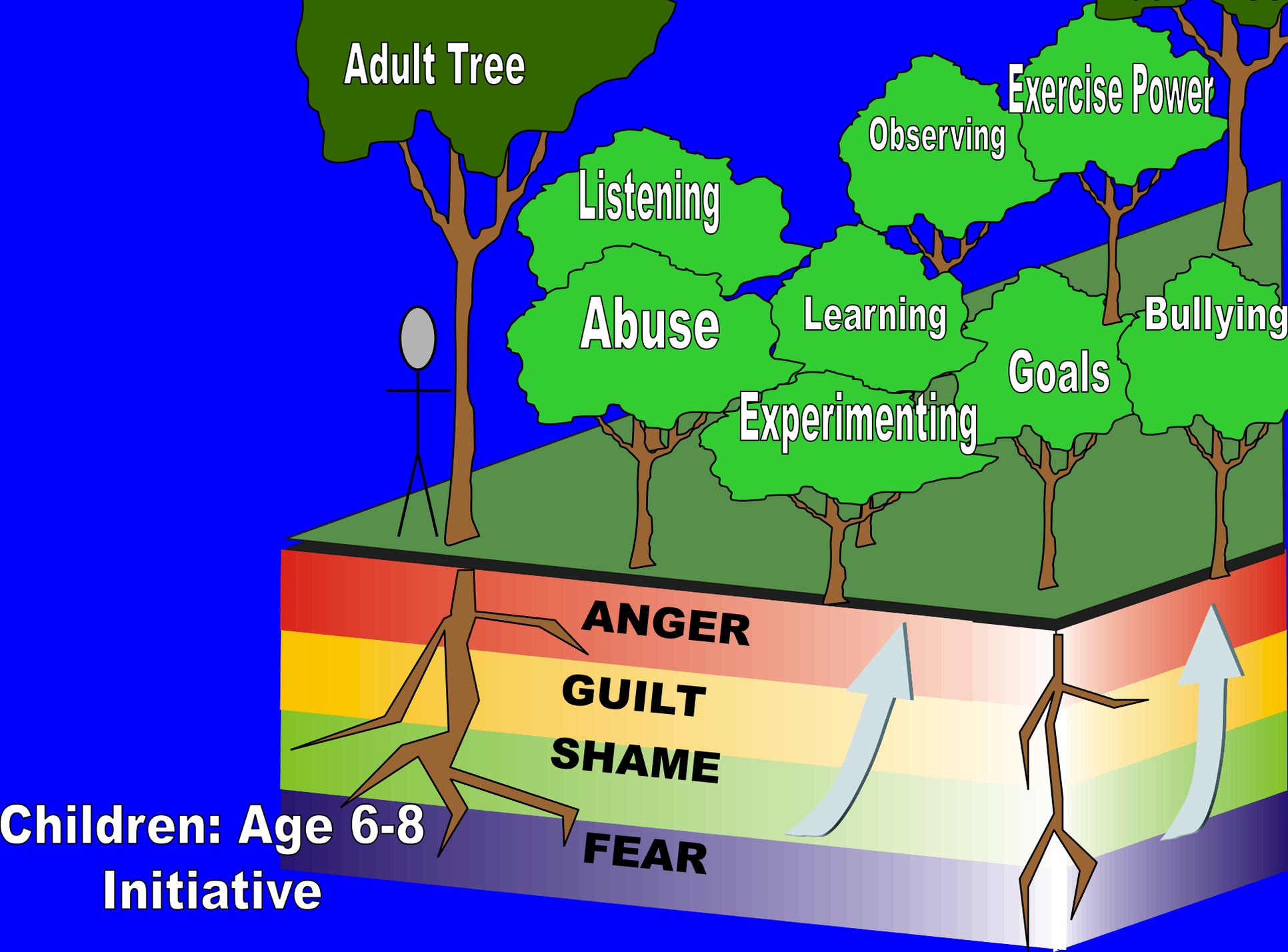


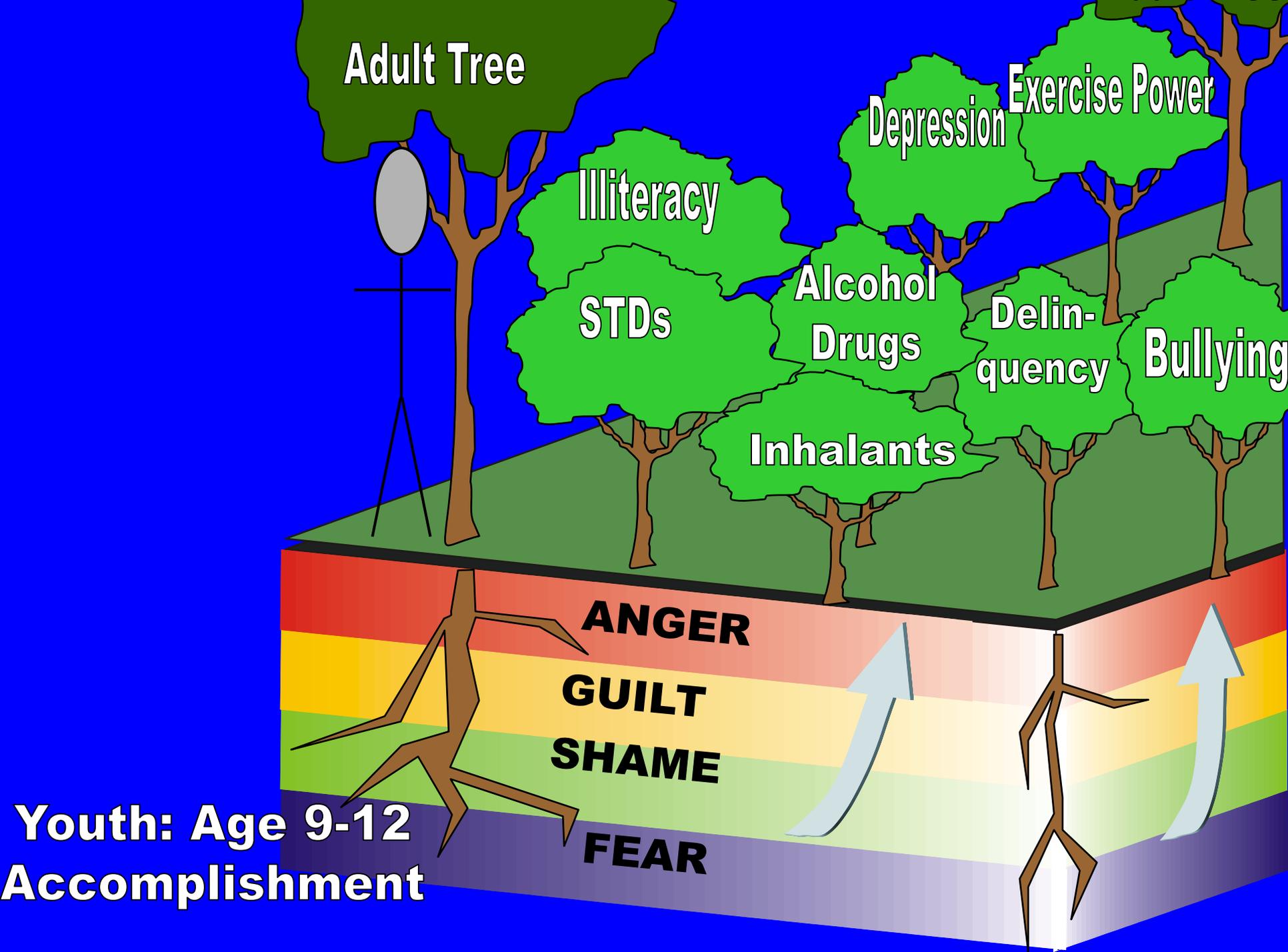


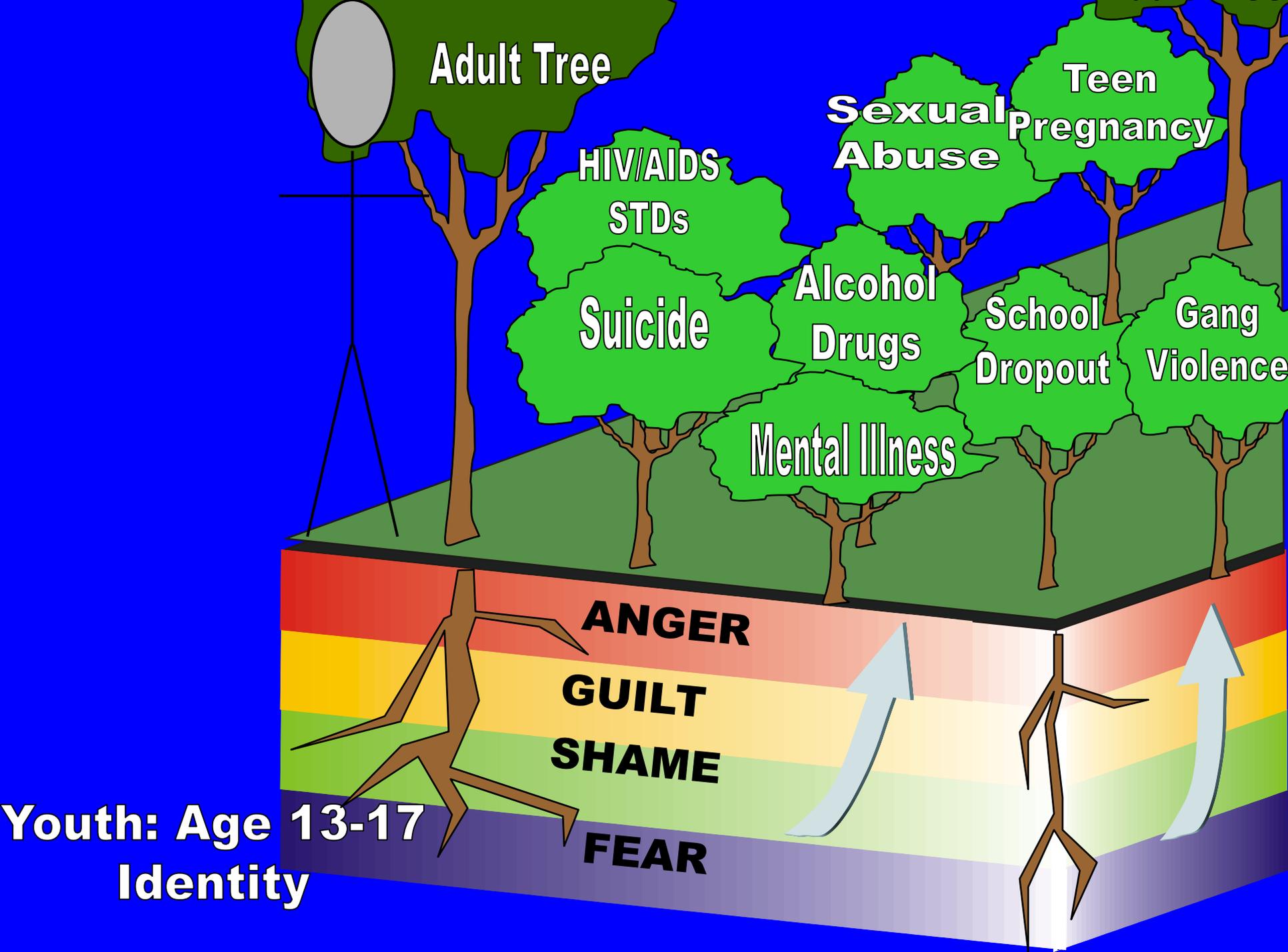
**Babies: Age 0-2**  
**TRUST**

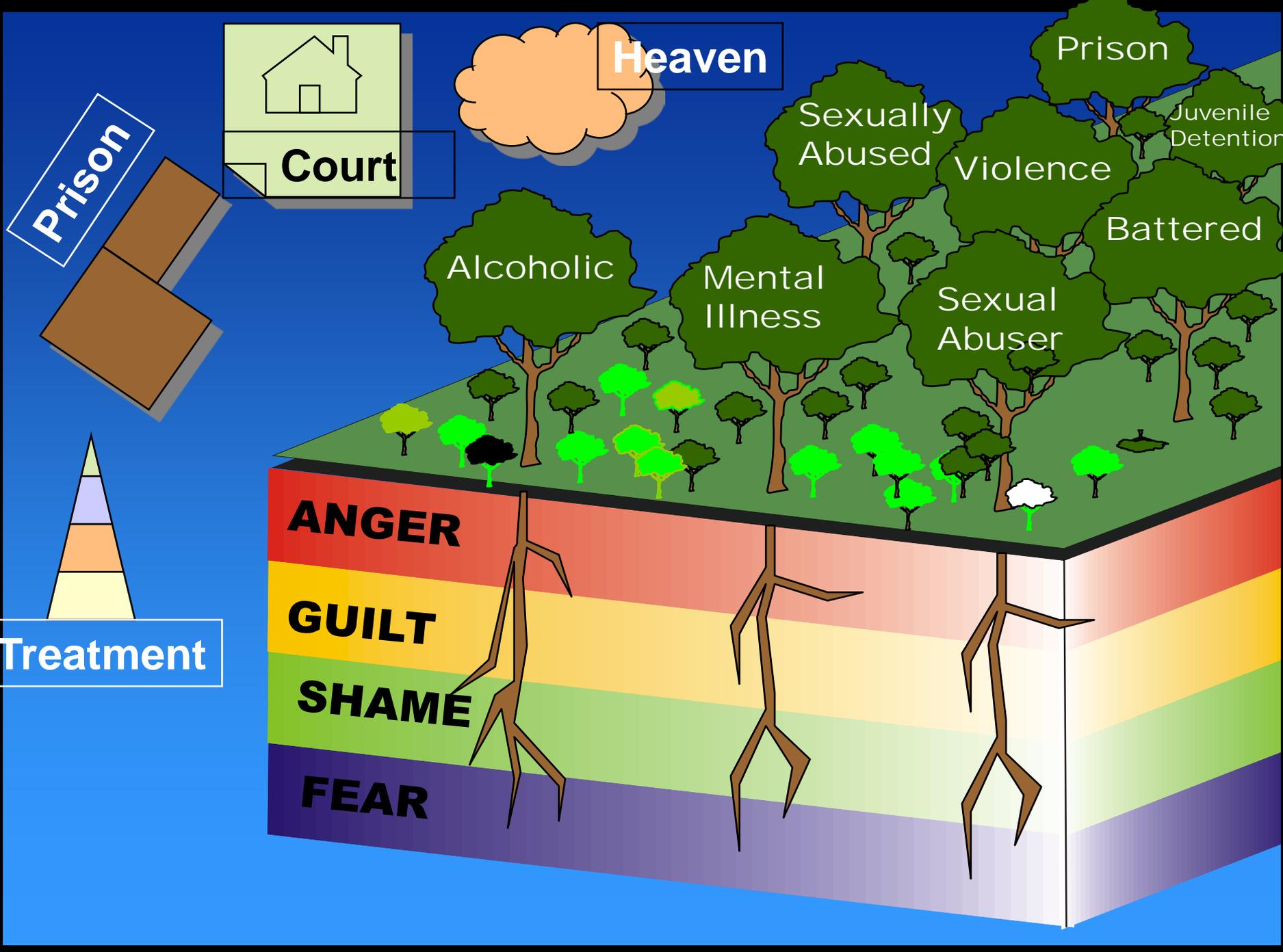












Heaven

Court

Prison

Treatment

ANGER

GUILT

SHAME

FEAR

Alcoholic

Mental Illness

Sexual Abuser

Sexually Abused

Violence

Battered

Prison

Juvenile Detention



# To Request NACE Services

For Further Information or Questions Contact:

- CDR Josefine Haynes-Battle, MSN, BSN, RN – GPO  
U.S. Department of Health and Human Services  
Substance Abuse and Mental Health Services Administration  
(SAMHSA) - Center for Substance Abuse Prevention  
240-276-2563 or [Josefine.Haynes-Battle@SAMHSA.hhs.gov](mailto:Josefine.Haynes-Battle@SAMHSA.hhs.gov)
- AJ Ernst, PhD, Project Director  
301-588-6800 or [anthony.ernst@kauffmaninc.com](mailto:anthony.ernst@kauffmaninc.com)
- Gary Neumann, Training and Technical Assistance Coordinator  
301-588-6800 or [gary.neumann@kauffmaninc.com](mailto:gary.neumann@kauffmaninc.com)

**<http://nace.samhsa.gov>**

